THE TIMES DAILY MAGAZINE PAGE

Plea For Wives to Understand Tastes of Their Husbands and to See Scientific Reasons For Simple Menus.

By MRS. CHRISTINE FREDERICK right, IP's, by Mrs. Christine Frederick. ner I like," said a business man after dining with a friend. "No frills, no pastry, and yet the whole dinner fine and dandy. Why don't more women make meels like that, instead of all these dinky little dishes."

dishes?"
The conversation which followed brought out further points of difference between "men-meals" and "women-meals"—that men do not like fancy di-hes; that they do not like cakes, pastries, or sweet desserts, and that they prefer a steak and a plain salad to almost anything else!

mers, and that they prefer a seak and a plain salad to almost anything else!

Can it be that modern man still hangs to his former savage fondness for "mest in the raw?" Did you ever see a man sit down to a lunch of sponce cake and a cup of chooclate? If you did, the chances are that he was that kind of a man—"real ladylike."

Whatever may be said of man's other faults, he has the right food instincts until they are perserted by the mistaken policy of an oversealous wife. He naturally prefers the simplest wholesome food wishout trimmings, but it is wife—can it be under the influence of tha litustrated dishes in leading women's negatines—who concorts the ciabrate the complex, the reality disguised foods which she herself relishes with delight.

There are rieu who have certain food pecularities. One insists on breakfast, morning after morning, of a bowl of milk with white bread and eggs in some form. Another tunches on rice dishes or a plain stew. Several other men of our acquaintance seem to like a dinner composed of a good strong cup of bouillon or plain soup; a steak or chops with peppers or mushrooms; a plain said with French dressing and salted wafers and perhaps pie, with a strong cheese. But madame prefers the entrees, the deviled and pastified meats or pates. She likes the elaborate and creamed vegetable; her chief delight is the complex fruit salad with sweet dressing, and the still sweeter cake and comft dessert. This is but a plea for women to understand the tastes of men. We believe that most men prefer the plainer, less elaborate dishes. We believe also that most of man's superior strength lies in the scoret of his more wholesome feeding. We feel like believing that women, too, might extend the states of men. We believe that most men prefer the plainer, less elaborate dishes. We believe also that most of man's superior strength lies in the scoret of his more wholesome feeding. We feel like believing that women, too, might extend the surfer when he really wants, and then eat it ourselves, so as to atta

Advice To Girls

By ANNIE LAURIE. By ANNIE LAURIE.

Dear Annie Laurie-I am a rather bashful young man. Through my own carelossness and the kindly intentions of friends and relatives. I find myself practically engaged to a very hier young woman. I have to admit that she is a nice girl, but I wish that our relations were not quite so serious. What ought I to do under the circumstances?
AN UNWISE YOUTH.

S you are not in love with the young woman, it seems to me that the only honorable thing for you to do is to explain to her how you feel, and come to some agreement. I do not understand what you mean by "carelessness." Surely you must have given her some reason to believe your intentions were serious, and it is only fair to the gir! to show her they are not.

Dear Annie Laurie. White I was on the car the other day, I saw two boys that I thought I coognized. When I got off the car they were waiting for me, and I then realized that I had made n mistake. When they invited me to get into their machine I was so excited and embarrassed that without thinking I did so. They acted very gentlemanly and that without thinking I did so. They acted very gentiemanly and during the ride I did not tell them that I had miataken them for some one else at first, so, naturato, they think that I firled with them. Will you please tell me the best way to let them know that I do not make a practice of such things?

BLUE EYES.

ITTLE BLUE EYES, you were very foolish to ever get into the machine with two strange the machine with two strangemen. You were also fortunate that they acted as gentlemently as they did. You must surely know that few men can ever have any respect for a girl that accepts attentions without having been formally introduced to him. If you ever meet the boys formally too them just how you happened to accept their courtesy, and explain that under the circumstances you think you had better not see them again.

Dear Annie Laurie: Dear Annie Laurie: Several
tout with boy friends, and I always ask my girl friend to go
with me, sud these boys will
bring another boy to make up
the party. The other day I was
asked to go out with one of these
boys, and I asked my girl friend
to go along. Then I received
word that the boy couldn't come.
New, do you think it was on account of my girl friend? Should
I ask her to go baces with me?
LITTLE, MARTHA.

T is very kind of you to want your friend to go out with you, but do you think it is fair to but do you think it is fair to the boy to invite her every time? If you would rather go out in a party of four than with one man, hasn't the girl some boy friend of her own that she can go with decastonally? It seems to me that it is rather an imposition on your boy friend to demand an extra man every time he asks you to go out with him. (Capyright, 1915, Newspaper Feature Service.)

Ise No Frills Most Gigantic Canvass in Political History Is Culminating Answers n Preparing In Today's Submission of Woman Suffrage to Electors



DR. ANNA HOWARD SHAW, President of the National American Woman's Suffrage Association.

Empire State Committee Has Card Indexed Approximately 2,836,000 Voters With Their Political History and Affiliations.

(The facts in this story were obtained from, and are vouched for by the Empire State Campaign Committee, Mrs. Carrie Cat., chairman). By FLORENCE E. YODER.

F NEW YORK votes favorably on the enfranchisement of womthem for definite decision today

en, a question which is before them for definite decision today, it will be because the suffrage workers, 103,000 strong, by personally interviewing and card indexing the 2,836,000 voters in the State, have won a majority through their own efforts, backed by 1,000,000 women sympathizers.

If New York votes unfavorably, the work of the women in behalf of their cause at this election will still stand as the most gigantic campaign and canvass ever attempted in the political history of the world.

Think of it—an approximate 2,835,000 little yellow cards teach bearing a name, address, occupation, political sentiments and other little identifying characteristics immutably indexing hundreds of thousands of men to whom the message of suffrage has been driven home by personal contact—banker, bartenuer, merchant prince, and subway worker, any male human being who was a registered voter.

Epoch In History.

Epoch In History.

A task which no political party even approximated was attempted by there women. Subjection of self, an entrance into the world out of the comforts of home life, all form a wonderful drama, an epoch in the world's history.

The fact of the canvass itself should bring victory—it is the greatest argument ever brought forward for the extension of suffrage to women; for in doing it the suffragists have demonstrated a creative and organizing talent, an ability for intricate detail planning, and persistency in carrying out plans never before shown by the male-dominated political parties.

This is the story of how it was done.

When the suffragists found that

This is the story of how it was done.

When the suffragists found that the cause for which they had worked forty years was at last to be put up to the voters themselves, and the question of whether or not women should be allowed the privilege of being people legally decided, they faced the public of amalgamation.

In order that such a huge force of over 100,000 women he formed to draw upon, every suffrage organization in the State and New York city

THE FOUR GREAT LEADERS IN THE CANVASS. Above-MRS, RAYMOND BROWN, president of the New York State Woman's Suffrage Association. Below - MRS. JAMES LEES LAIDLAW, chairman of the M anhattan Borough Woman's Suffrage Party.

with but one exception was com-bined under one head, with Mrs. Carrie Chapman Catt as its chair-man, and called the Empire State Campaign Committee.

Work of Organization. The field resolved itself automatically into two camps, to be invaded, New York city, and New York State. Under the direct leadership of Mrs. Catt, the force of 3,000 was put to work to find out just what voting work to find out just what voting New York thought of suffrage, leaving to the huge free lance torce of 100,006 the task of making speeches, arrancing meetings, getting up special editions of the newspaper which would be Jevoted to suffrage, and of carrying on speradic activities of every kind.

Forming this Empire State Campaign Committee, were the New York State Woman's Suffrage Association and the Equal Franchise Society, the Collegiate League, the Men's League, and the Woman's Suffrage Party, all of New York City.

The two largest organizations were of course the New York State organization and the woman's suffrage party of New York city. To then fell the task of canvassing New York State and New York city, respectively. spectively.

The State was canvassed by counties, but the city of New York was taken by the political divisions conveniently laid out previously by those who have for some years been enjoying the privileges of the vote. District Divisions.

Every borough was given a chairman, and she in her turn designated workers for the smaller divisions—wards, precincts, and blocks—until New York was under the thumb of the women, not theoretically but tractically.

New York was under the thumb of the women, not theoretically but practically.

Weekly reports of visits were sent in to the headquarters at 303 Fifth avenue, where the fatal little yellow cards were indexed and put away with their incriminating evidence penciled thereon.

Practically two canvasses were taken.

The first was for the purpose of finding out how the voters stood on the question. The second was a concentration of all effort on those who had dared to admit that they were against the measure.

The problem of feeling the pulse of New York, where there are (9),00 registered voters, was much more simple, though colossal, than that which embraced New York State. There not only did the work of canvassing have to go on, but a uniformity in organization had to be realized.

One of the ways by which this was ageomplished in the State campilan was by county suffrage conventions, when the officers of the entire county gathered to report. In these meet-

What They Say About Us

Pertinent Interests of Women As Viewed By Editorial Writers of the Newspapers.

Suffrage.

Suffrage.

The remarkable demonstration in force by Philadelphia suffragists and their men supporters was a "Festival of Light" indeed to those who fancy there is not a real demand for votes for women.

Some men and women oppose suffrage on convictions that have been thought out. But the greatest opposition to it is the sheer and deadly weight of human inertia. In the face of this barrier it has been said "the very gods despair."

Well, the gods may give up if they want to, but the women will not. Who would dare pit the power of antiquity's halting delites against the grim determination of modern woman?

For more than two weeks we have done a wonderful place of watchful waiting. For more than two weeks our curiosity has been bulging to a painful degree. Twice a day, merning end evening editions, Washington has enjoined us to be patient. Twice a day we have been told that just as soon as Miss Margaret Wilson returned to the White House our suffering would be appeased. Miss Wilson has returned. She has been home since Thuckday evening. But not a word has she uttered. Not one little bone has she uttered. Not one little bone has she thrown us from the back door. Alas! will we ever know the day on which the President is to be married!

Not a reason on earth why so much fuse should be raised because

Detroit society is going to pose in bathing suits for the benefit of charity. Modern fashion has recently done much to mar the giory of things. For instance, the pantulette suit is not nearly so beautifying as the skirt worn a year ago, and nothing could be more rudely destroying to symmetrical lines than a wad of fur ground the rhoe top. On the other hand a bathing suit is the most enhancing of garbs, and charity will be happy indeed to look again on the charming scenery of summer days.—Philadelphia Evening Telegraph.

The Political Power of Women.

The woman suffrage parade on Saturday will long rank as one of the great political demonstrations of American public life. Thirty thousand women marched in a thoroughly organized way under conditions that would have tested the earneatness of purpose of any political
group. They presented with disnity
and effectiveness their demands for
recognition on a basis of equality
with men at the polis. There was an
unusual quality about the appeal
made by the parade as a whole, both
in the symbolism of its artistic form
and in the wording of the banners
that were carried. The thought of
the women's movement as expressed
goes straight to the fundamental
principles of our democracy. "The
nation cannot long endure half free
and half bond." It is true, and we
can no longer ignors it, that the premises upon which our democratic

premises upon which our democratic government is founded can lead to no other logical conclusion than the recognition of women as voters.

In democracy the pyramid of power constantly tends to broaden its base. The time is not far distant when the suffrage right will be co-extensive with the adult population. A vote for every adult, whether man or woman, who recognizes and fulfills the duties of citizenship.

The parade was not local. In it were represented the women from every part of the Union. There every part of the Union. There were representatives of the women abroad. The idea that it typified is not confined to this locality or to our time. A great cosmic idea has taken hold of our generation and is expressing itself. Its progress is as inevitable as the tide. Between the waves that pile up there may be a minor ebb, but the sweep is onward and irresistible.

Most significant and interesting were the 50,000 onlookers who gathered on the sidelines. Men and very many women: mothers who left their homes and housework, bringing with them children, stood for hours watching engerly. The men were different men from those who watched the parade in Washington but three years ago. And the thousands of women and girls from factories and other fields of work who looked on intent had a significant glean of confidence and enthwissin in their eyes.—New York.

To Health **Ouestions** By DR. L. K. HIRSHBERG. Women of New York At-

and enthusiastic women, most of the organizing and canvassing work of the State end of the job was accomplished. The name had "an attraction for the press" as a suffragist at headquarters modestly claimed, and wherever they went the local papers lost no time in proclaiming their business and the results of their visits. Ingenious at meeting new conditions and fertile of resource in adapting old ones, these women salled good humoredly forth into perfectly strange towns and, veritable drumers, "sised up" the place for what it was.

strange towns and, veritable drum-mers, "sized up" the place for what it was.

Yerhaps the first news was to get the clergyman of one of the churches to give out the names of any good suffragists he might know in the community. If all went well the church was often offered for an afternoon woman's meeting where a suffrage club was formed.

Plan of Work. If the schools were still in session permission is obtained from the teachers to announce the arrival to the pupils in order that they might

teachers to announce the arrival to the pupils in order that they might carry the news home to the mothers. With the consent of the mayor or village president, the suffrage banner was swung. This was usually a long strip of yellow canvas put up at the village store, announcing in big black letters the fact of the meeting and the hour at which it would be held.

Every county agricultural fair had suffrage booth proclaiming the faith; food sales carried the expenses of campaign headquarters and advertized suffrage at the same time on many occasions; effective posters large and small were placed to greet the eye of the cummuter in out-of-the-way stations and sections of the country, while huge ones, twenty-four by fifty-four feet in measurement were displayed on the bill-beards in every State through the courtesy of the National Advertising Company. Women have run fitneys to earn enough money to send out organizers to neglected sections, and have saved money from the cause which they have at heart. In such manner have worked the women of New York. Up and down tenement steps, through dark and through light places, up hill and down dale, with the intellectual and with the ignorant. The cause for which they have labored is to be either accepted or rejected today.

But in any event, a great many people think as does Mrs. Catt herself, the presiding genius of it all, that accepted or rejected—the suffragist can't lose!

President of the Empire State Cam-

the leaders the practical side of suffrage work-how to tell their story ov publicity, advertisement, and per-

ov publicity, advertisement, and personal contact.

Some idea of the actual labor involved in this end of the campaign may be imagined when one is told a few facts which have become history. Mrs. Catt herself visited twenty-two conventions in the months of May and June; Mrs. Raymond Brown, head of the New York State Woman's Suffrage Association, spoke at twelve; Dr. Anna Howard Shaw, president of the National Association for Women's Suffrage, at tenand Kate Devereaux Plake, general field organizer for the campaign committee, at six.

mittee, at six.

New York state was first divided to twelve campaign districts by the committee. These twelve districts were subdivided late assembly districts, and then again into election districts. Here worked the

flying squadrons.
With these squadrons of active

TALTE

paign Committee.

R. A. D.-Are the drops applied by oculists to the eye harmful? tempted a Task No Polit-

ical Party Ever Even At-These drops are probably nothing tempted and Demonstrated Creative Talent.

These drops are pressulty notempts are put in the eyes to prepare them for proper examination. If you are consulting a reputable oculiat, there is no reason to uppose them injurious.

Mrs. If.—You advise the use of two tablespounfuls of Epsom saits to a bath for weight reduction. Should the water be hot or cold and taken in the morning or at night. 2 How often should one take these baths? 3. What tablets do you also recommend for this? The water should be hot at night and cold in the morning. 2. These baths should be taken daily. 3. Corpus luteum

Capsicum vaseline, one dram, and white vaseline, one ounce, or ammonia liniment massaged into them will help the growth.

E. R.—How long is the duration of whooping cough? At what stage does t cease to be infectious? The general duration of whooping cough is from three to twelve weeks. It ceases to be infectious at no stages. It remains so even after the cough has

F. E. Q.—Why is distilled water pref-Distillation is one method of parify-

PERSONAL ADVICE.

Readers desiring advice should remember:

1. To address inquiries to Dr. L. K. Hirshberg, care of The Washington Times.

To enclose a stamped and ad-dressed envelope if a personal reply is desired.

Croup Relieved in Fifteen Minutes

No need to dose delicate little stomachs with nauseous drugs or alcoholic syrups. Simply rub a little Vick's "Vap-O-Rub" Salve over the throat and chest. The vapors inhaled loosen the tough, choking phiegm and ease the difficult breathing. One application at bedtime insures a sound night's sleep. 250, 50c, or \$1.00.

A CANAL TOWNS OF THE PARTY. If You Really Want to Cure Yourself of Constipation— YOU must stop depending upon laxatives and cathartics. They afford only temporary relief and are dangerously As a result of recent discoveries, leading physicians are gradually discarding the use of drugs in the treatment of constipation. Instead, they prescribe regular habits, sensible food, and an internal lubricant. A PURE WHITE MINERAL OIL is adoriess and tasteless, absolutely neutral, and is not digested or absorbed into the system. It acts Nujol is not a drug. Its use will not give quick, temporary relief. But Nujol is a genuine remedy in that it relieves constipation in the most natural way by lubricating the lining of the intestines, softening the intestinal contents, and thus promoting healthy and normal bowel activity Write for "The Rational Treatment of Constipa Write for "The Rational Treatment or Communities," an informative treatise on constipation. If you cannot get Nujol from your druggist, we will send you s pint bottle prepaid to any point in the United States on receipt of 75c—money order or STANDARD OIL COMPANY MM DE (New Jersey) New Jersey